

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES

Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES

Lorraine Joewono
Director



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(877) 222-3737

Meals on Wheels
(201) 336-7420

Bergen County Housing Authority
(201) 336-7600

Community Transportation
(201) 368-5955

Division of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Director
147 Hackensack Street
East Rutherford, NJ, 07073
Phone: (201) 336-7494 • Fax: (201) 935-8851

southwestcenter@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive



SOUTHWEST SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2026



March 3	GO Big or GO Home Bingo Bonanza! Special Games! For details see the Southwest Senior Activity Center Office	10:00 AM
March 4, 18	Mobility Workshop: Improve Your Joint Health w/ Chris Carroll, YWCA	12:15 PM
March 6	Presentation: Optimizing Your Sleep - The Nutrition Connection w/ Julianne Gallo, MS, RD, ShopRite of Lodi	10:00 AM
March 10, 17, 24	The Get Connected Program: Life Transitions & Aging w/ Rosemary Marchetto, The Center for Alcohol and Drug Resources	9:30 AM
March 11, 25	Wellness Program and Blood Pressure Screening Health Office, Southwest Senior Activity Center Bergen County Health Department	9:30 AM
March 12	Presentation: Improving Your Sleep As You Get Older w/ Nahson Bolton, CHES, Hackensack Meridian Hospital	10:00 AM
March 17	St. Patrick's Day Special Breakfast **Please sign up at the Southwest Senior Activity Center Office	8:00 AM
March 20	Educational Game: Scam or Legit? Interactive game to test your consumer awareness! w/ Bergen County Academies Senior Shield Project	10:00AM

The Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class 1:30 Line Dancing</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>3 9:00 Beauty Salon 9:00 Chair Yoga with Elyse 9:30 ESL Class 10:00 Special Bingo Bonanza! 12:15 ESL Class 1:30 Line Dancing</p> <p style="text-align: center;">Tuna Salad w/ Romaine</p>	<p>4 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:15 Mobility Workshop 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>5 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chii</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>6 9:00 Beauty Salon 9:00 Chair Yoga with Chris 9:30 ESL Class 10:00 Bingo 10:00 Presentation: Optimizing Your Sleep 12:30 Choir 1:30 Korean Social Circle</p> <p style="text-align: center;">Cheese Omelet</p>
<p>9 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class 1:30 Line Dancing</p> <p style="text-align: center;">Cheeseburger w / Lettuce & Tomato</p>	<p>10 9:00 Beauty Salon 9:00 Chair Yoga with Elise 9:30 ESL Class 9:30 Get Connected Program 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p> <p style="text-align: center;">Chicken Salad Platter over Greens</p>	<p>11 9:00 Strength Training 9:30 ESL Class 9:30 Blood Pressure Screening 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p style="text-align: center;">Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 Presentation: Improving Your Sleep 12:15 ESL Class 1:15 Tai Chii</p> <p style="text-align: center;">Chicken Florentine</p>	<p>13 9:00 Beauty Salon 9:00 Chair Yoga with Chris 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle</p> <p style="text-align: center;">Stuffed Shells w/ Marinara</p>
<p>16 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class 1:30 Line Dancing</p> <p style="text-align: center;">Fish Filet with Lemon Sauce</p>	<p>17 8:00 ST. PATRICK'S DAY BREAKFAST 9:00 Beauty Salon 9:00 Chair Yoga with Elise 9:30 ESL Class 9:30 Get Connected Program 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p> <p style="text-align: center;">Corned Beef</p> 	<p>18 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:15 Mobility Workshop 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>19 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chii</p> <p style="text-align: center;">Meatloaf w/ Mushroom Gravy</p>	<p>20 9:00 Beauty Salon 9:00 Chair Yoga with Chris 9:30 ESL Class 10:00 Bingo 10:00 Educational Game: Scam or Legit? 12:30 Choir 1:30 Korean Social Circle</p> <p style="text-align: center;">Egg Salad Platter on Spinach</p>
<p>23 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class 1:30 Line Dancing</p> <p style="text-align: center;">Stuffed Peppers</p>	<p>24 9:00 Beauty Salon 9:00 Chair Yoga with Elise 9:30 ESL Class 9:30 Get Connected Program 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p> <p style="text-align: center;">LS Ham Steak w/ Pineapple</p>	<p>25 9:00 Strength Training 9:30 ESL Class 9:30 Blood Pressure Screening 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p style="text-align: center;">Pot Roast w/ Gravy</p>	<p>26 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chii</p> <p style="text-align: center;">Seafood Salad on Spinach</p>	<p>27 9:00 Beauty Salon 9:00 Chair Yoga with Chris 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle</p> <p style="text-align: center;">Manicotti w/ Marinara</p>
<p>30 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class 1:30 Line Dancing</p> <p style="text-align: center;">Sweet Chicken Sausage</p>	<p>31 9:00 Beauty Salon 9:00 Chair Yoga with Elise 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p> <p style="text-align: center;">Roast Turkey & Cheddar w/ Lettuce & Tomato</p>	 <p>Happy International Women's Day March 8</p>		<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;">Lunch is served at 11:30AM daily</p> <p style="text-align: center;">Continental Breakfast Served Daily 8:00AM – 10:00AM</p> 